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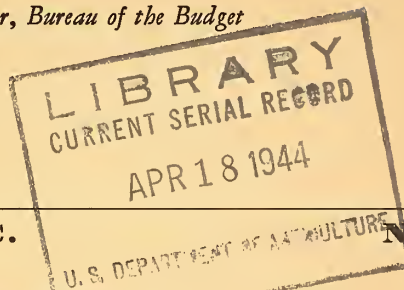
Nutrition news letter

Reserve

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VICTORY GARDENS "ON THE AIR"—VICTORY GARDENS EVERYWHERE!

April spotlights Victory gardening in the 1944 Food Calendar of the FFFF Program. On the air and in the press, in magazine articles and in advertising, in educational programs of all agencies, the goal "Grow More in '44" will be publicized.

More gardens, larger gardens, gardens that are more productive, and gardens "planted with a plan"—all of these objectives lead to a common goal, that of better fed civilians in wartime.

NUTRITION AND GARDEN PROGRAMS GO HAND IN HAND

Applying nutrition in full measure to Victory gardening this year will help solve the national problem of enough of the right kinds of food for all. In working with garden committees and with groups of individual gardeners, a contribution of nutrition committees may be to feature some of the ways nutrition affects the value of the garden:

(1) Within a State the garden program should consider inadequacies in the diet which studies, surveys, or nutritional-deficiency clinics may have uncovered, and should encourage the production of foods rich in nutrients found to be "short."

(2) Gardeners should know the nutritional needs of their respective families on a year-round basis, and plant gardens that will take care of vegetable needs insofar as (a) space and growing conditions allow, (b) suitable food preservation equipment is available, and (c) storage for products preserved by approved methods is adequate.

(3) Gardeners should give first consideration to vegetables that supplement the vitamin C, vitamin A, riboflavin, and iron content of the diet. If space is limited, the "Big 3"—tomatoes, greens, and yellow vegetables—should be featured.

(4) Benefits of Victory gardening should be emphasized: (a) use of foods when freshly gathered gives maximum vitamin value; (b) having even a few home-grown vegetables provides variety of food values, textures, flavors, and colors; (c) preservation of garden abundances assures maximum food values when approved methods are applied; (d) "growing one's own victuals" brings various intangible satisfactions.

(5) The value of budgeting the home-preserved food supply for use throughout nonproductive months, and the unsuitability of preserving a supply for several years of use, should be pointed out.

REGIONAL VICTORY GARDEN CONFERENCES DO SPADE WORK FOR '44 PROGRAM

Eleven Regional Victory Garden Conferences were called in February and March by the Interdepartmental Victory Garden Committee in connection with the War Food Administration, the Department of Agriculture, the Federal and State Extension Services, and affiliated agencies. The purpose of these regional conferences was "to arrive at common understanding of garden programs, plans, organization, and procedure for 1944." Invitations were extended not only to persons representing

the agencies mentioned above but also to garden clubs, local and State garden committees, Civilian Defense, American Women's Voluntary Services, the seed and horticulture trade, and newspaper, magazine, and radio services. Victory Garden Conferences were held in Atlanta, New Orleans, Memphis, Cleveland, Chicago, St. Paul, Omaha, Denver, Portland, New York City, and Boston, and included delegates from all States.

The conferences stressed a need for expansion of the home-produced food supply for 1944 through (a) more Victory gardens, by increasing the number of individual "back-yard" gardens, by encouraging more community garden plots, by interesting more industrial plants in providing gardening plots for workers, and by stimulating school gardening programs; (b) an increase in productiveness of gardens by soil improvement, use of better seeds, better gardening methods, etc.; (c) increase in preservation of garden abundances by gardening with a year-round supply in mind, application of approved canning methods and of other methods of preservation, increased emphasis on community food-preservation centers, and by taking steps to see that canning equipment is available earlier this year.

H. W. Hochbaum, chairman of the Interdepartmental Victory Garden Committee, told delegates: "Last year 20 million Victory gardens on our farms and in our cities, towns, and suburbs produced some 8 million tons of food. This is enough food to fill 160,000 freight cars, or 800 Liberty Ships loaded with 10,000 tons each. It is 40 percent of the total fresh-vegetable production in the United States. . . . Twenty-two million Victory gardens is the minimum goal set for 1944. About 16 million city, town, and suburban gardens would be involved. This means that every Victory gardener, whether in town or country, will want to re-enlist in our garden army, and that 2 million more Victory gardeners must enroll this year."

NATIONAL VICTORY GARDEN CONFERENCE HIGH LIGHTS COMPANY-EMPLOYEE GARDENS

The National Victory Garden Conference, under the auspices of the National Victory Garden Institute, Inc. (headquarters, 598 Madison Avenue, New York 22, N. Y.), was held in Detroit, Mich., February 23 and 24. This conference was attended by about 500 delegates from 18 States, representing many educational agencies and civic clubs as well as trade associations handling gardening and food-preservation equipment and gardening supplies. In addition, large industrial and transportation interests were well represented by officials who took active leadership in discussions centering around the importance and feasibility of company-owned plots for employees. A well-known railroad president was appointed chairman of the Industrial Advisory Committee to continue the work with the management of industrial plants, railroads, and other large companies that are in a position to make land available to their employees for gardening and to stimulate employee interest in raising garden products for family use. The effective representation of large business concerns made it possible for this conference to high light Victory gardens for industrial workers. However, community garden plots, school gardens, and individual home gardens were also featured in the general and the group meetings. A strong point was made of the need for experienced garden instructors and for better community organization in connection with the Victory Garden Program.

War Food Administrator Challenges Gardeners to Increase Efforts

Judge Marvin Jones, War Food Administrator, said at the opening session of the Detroit conference: "Victory gardens are increasingly important in our wartime food program. . . . We cannot rely on the commercial growers for the extra food we will need this year. They worked at nearly full capacity last year. Our goals committee recognized this . . . and asked for only a small increase in acreage from commercial growers. The rest of the burden falls on Victory gardeners. . . . The splendid cooperation in Victory gardens by private groups with the Government and State agencies broke all home food-production records in 1943. . . .

"The production of food in the Victory garden is not its only value. Victory gardens save transportation; they save containers; they save manpower in many ways. All these are critical. If all the savings and advantages which Victory gardens produce could be fully realized, I believe that the effort would be still further increased. In total, all these savings make it imperative that no Victory gardener relax his effort this year but, rather, increase it."

OPA Official Discusses Rationing in Relation to Victory Gardening

In discussing the relation of available supplies of commercially processed foods and point rationing to the gardening program, A. A. Thomson of OPA emphasized the need for augmenting civilian supplies of fruits and vegetables in every possible way, stating that the Victory garden seems to be the only effective approach. This is in line with a statement released March 3 by Price Administrator Chester Bowles: "We are happy to say that the point values of canned vegetables, on the average, are now the lowest since rationing started. . . . We hope more Victory gardens are grown this year. The Nation will need all the food it can produce. And future ration points depend on our 1944 Victory gardens. It will be possible to keep ration points at, or even near, present levels only if food output this year is greater than ever before, and if home canners and commercial packers top their record packs of last year."

Children Can Help Raise Food for America

In several talks given at the conference it was brought out that children can grow food in Victory gardens at home for family use as well as in school gardens for school-lunch use. They benefit physically, mentally, and spiritually. They need supervision and instruction; methods of providing these and thus making the experience educational were discussed.

Panel Group Relates Nutrition Teaching to Gardening

One of the five group meetings of the "working session" of the conference gave its attention to "Teaching Nutrition Through Garden Programs." Miss Sylvia Hartt, executive secretary of the Michigan Nutrition Committee, was chairman of this group. Miss Mary Barber, food consultant for the Secretary of War, presented a paper on "The Teaching of Nutrition to the American Soldier," and Mrs. Rowena Carpenter of the Nutrition Programs Branch, WFA, spoke on "Growing Vegetables for Vitamins." Miss Hartt described briefly some visual education devices that have proved effective in teaching nutrition in relation to gardening. The meeting continued with discussion of questions presented by the group. At a general session the following day, Miss Hartt summarized this group meeting.

IOWA SURVEYS ITS 1943 GARDEN AND FOOD-PRESERVATION SITUATION Finds Its Challenge for '44.

When the Extension Service asked for a report on (1) total number of gardens, (2) amount of food produced, (3) amount stored, (4) amounts preserved by canning, brining, pickling, and drying, and (5) canning equipment needed for 1944, the Iowa State Nutrition Council made plans to find out also what foods spoiled, the extent of spoilage, and the factors to which the spoilage was related. The Iowa State Extension Service designed the questionnaire used by the interviewers, who called on approximately one family in every thousand in the State. The random sample of both urban and rural families interviewed was "representative of the State in that it included homes of every economic level, every age, all nationalities, and every size."

High lights of the report follow: That corn was well in the lead among canned foods spoiled was not considered surprising, since that vegetable is more difficult to can under home conditions than many others, but it was surprising to find tomatoes in second place, and fruits in third. The percentage of spoilage was only 1.43 percent, which seems small in itself but actually meant that 2,200,000 quarts of the food home canned in Iowa in 1943 have spoiled to date (through December 1943)—enough to supply 17,500 persons with the 125 quarts per person recommended in the Iowa Canning Budget.

The number of gardens raised, the size of the gardens, the amount of food canned and stored (even when the work had to be done at night and on vacation time, or with considerable effort by the elderly family members)—these accomplishments and the spirit that lay behind them were most heartening to the interviewers. But the failure evidenced by spoilage and the facts uncovered about a complete lack of any plan for food preservation in regard to the nutritional needs of the family were disturbing. It is the negative side of this story that affords the Iowa State Nutrition Council its challenge for 1944: The great need to reach a vast number of people with authentic canning information, using all media and the educational programs of

all agencies; to help families plan their canning budget to meet the nutritional needs of the family and to help them use food they preserve to the best advantage; to help families improve their techniques in handling tomatoes and fruits; to decide if freezing or drying of corn should be recommended instead of canning; and to take steps to assure the homemaker of better canning equipment.

MINNESOTA VEGETABLE MARKET-CANNING CENTER PREVENTS WASTE OF GARDEN PRODUCTS

One way to keep garden products from going to waste this year is to establish a vegetable market in connection with a community canning center, such as the one sponsored in Crow Wing County, Minn., during the 1943 production season. This market was started because garden produce had been wasted the year before. The county nutrition committee appointed a special committee that met with representatives of wholesale and retail grocers, the local chamber of commerce, truck gardeners, and farmers' groups to discuss the idea with them and get their approval. Progress was being made on the vegetable market project when War Food Production classes were announced, so it was decided to sponsor a canning center and have the vegetable market in connection with it. The building to house the center was selected within the business district of the county seat, with the vegetable market located at the front of the building and the rest used for food preservation. Victory aides helped in obtaining advance information on how many families would make use of the market; the response encouraged the committee to go ahead with the project. The success of the center is indicated by the fact that 300 families canned approximately 23,500 cans of food, while 46 families sold fruits and vegetables.

NUTRITION NUGGET

"Plans for conservation of our natural resources must include provision for the adequate nutrition of the population. There is no greater waste in the world than that involved in raising a child through the many years of human youth and adolescence to have him die, as he does on the average in India, in the early years of his productiveness. It is almost equally wasteful to have him live, as so many of our people now live, in feeble health and unproductiveness. Improving diets can reduce this waste of human raw material."

(From Dr. Russell M. Wilder's lecture "Nutrition and the Human Eye," delivered at the Postgraduate Assembly on Nutrition in Wartime, Chicago, Ill., November 18, 1943.)

NUTRITION CLINICS POINT UP NEED FOR BETTER DIETS

Nutrition clinic demonstrations held in various parts of the country during the past year indicate the need for reaching more of the people with nutrition education to stimulate them to improve their food habits. The clinics have been sponsored and attended by various groups, including nutrition committees, home economics associations, public-health departments, Extension Service and other agricultural agencies, educators, and other groups and individuals. In each case, one of the sponsors was a public health or medical group.

The clinics have served to point up the importance of cooperative action by all groups. For example, in some clinics a doctor from the State health department discussed the relation of a number of diseases to the nutrition problem. The State agronomist then discussed the relation of soil and soil management to the nutritional value of food grown. Each used maps to show the places where the conditions discussed were serious problems. The groups observed that frequently there was a direct relationship between the findings in these two fields.

Typical patients presented at the demonstrations have included:

1. A Negro baby whose diet had contained practically no fresh fruits or vegetables. He had scurvy so badly that he cried each time he was moved. It was explained that severe scurvy causes muscles, bones, and joints to become extremely tender and painful. This condition clears up quickly when food rich in Vitamin C is added to the diet.

2. A white boy, age 12 years, whose mother stated that he was very "fussy" about his food. This child had the type of sores at the corners of his mouth which are typical of riboflavin deficiency.

3. A number of cases of pellagra, and patients bordering on pellagra, but without the full-fledged disease, have been shown. Diets deficient in the B complex and perhaps in other nutrients cause this condition.

4. A white baby with a severe case of rickets showed bones which were badly misshapen, muscles which were very weak, and marked potbelly.

5. Three school children from the same family had a condition of the gums which indicated moderately advanced scurvy. They were very anemic and all were retarded in school.

6. Numerous cases of moderate to severe anemia have been demonstrated. In some clinics in Southern States, anemic children were found to be suffering from hookworm as well as chronic malnutrition.

Single Nutritional Deficiencies Rare

In each clinic, it has been emphasized that patients on examination may give evidence of only one deficiency disease, but actually single deficiencies rarely exist in human beings. A check on the patient's food habits usually shows the diet to be low in more than one nutrient. Furthermore, in correcting the evident deficiency with the specific nutrient indicated, signs of other deficiencies may come to light, and must be treated with other nutrients in turn. Obviously, individuals in advanced stages of nutritional deficiency diseases require therapeutic amounts of one or more nutrients to effect a cure. The patients attending the clinic are instructed to eat abundantly of foods rich in the nutrients in which their diet has been low, including these foods, however, as part of a well-balanced diet.

It was also pointed out that full-blown deficiency diseases are not very common, and do not represent our real problem. Most of our nutrition troubles are mild or moderate in character, piling up over a long period of time and causing vague, indefinite disturbances which undermine the health and efficiency of the individual. These are the all-too-numerous border-line or subclinical cases, commonly due to continued use of a diet that fails to meet all needs, but which is not as faulty as the diets that cause the well-known deficiency diseases.

To date (February 1944), clinic demonstrations have been held in:

Washington, D. C.	Rock Hill, S. C.
Memphis, Tenn.	Jackson, Miss.
Chicago, Ill.	Louisville, Ky.
New York, N. Y.	Columbia, S. C.
San Francisco, Calif.	Atlanta, Ga.

Dr. Walter Wilkins, of the Nutrition Programs Branch, Office of Distribution, W. F. A., has assisted State and local groups with these demonstrations.

GEORGIA NUTRITION COMMITTEE REPORTS NUTRITION CLINICS

The clinics held in Atlanta were initiated and organized by the Georgia Nutrition Committee in cooperation with the State, Fulton County, and Atlanta Health Departments and the School of Medicine of Emory University. In reporting the clinics Miss Lurline Collier, chairman of the Georgia State Nutrition Committee, states: "Announcements were sent out to all county and city nutrition committees. They were allowed two delegates per committee." The local and county nutrition committees planned for publicity, handled ticket reservations, registration of delegates, etc. The patients demonstrated a variety of nutritional deficiencies, which were pointed out and discussed by the physicians in charge of the clinics. Quoting Miss Collier: "Needless to say, this was a very practical application of scientific nutrition information and aroused the deepest interest in those attending." Questions collected at the afternoon clinics were used as pivotal discussion questions at the evening session. The discussion centered around the need for education at all levels and for all groups and stimulated the county delegates to expand their neighborhood nutrition programs.

ILLINOIS AND ARKANSAS NUTRITION COMMITTEES ARRANGE FOR CLINICS

The Illinois Nutrition Committee and the Illinois Department of Public Health are sponsoring a clinic demonstration in Springfield, Ill., in March. The Arkansas Nutrition Committee and the Arkansas State Board of Health are preparing for six clinics to be held in various sections of that State in April.

FOOD INFORMATION CENTERS SPONSORED IN CALIFORNIA

The Southern California Food and Nutrition Committee has announced its plan to set up a "Food Information Center" in any local grocery store interested. The committee has offered this service in an official retail grocers association journal, and hopes to have a center in every neighborhood, staffed 1 or 2 days a week for 3 or 5 hours a day, to guide shoppers in war and post-war food purchasing and meal planning. The grocer is asked to cooperate with the local nutrition committee member who will contact him personally to give him the details of the plan.

The management of the Safeway Stores has cooperated with the San Francisco Red Cross Nutrition Service in plans to staff seven neighborhood stores with volunteer nutrition workers, every day for a week or two, to get response of shoppers to nutrition education. If the experiment is successful it is hoped that the service will spread to other stores in the city. A similar project at the Lucky Market, Richmond, Calif., mentioned in the January News Letter, is now staffed 1 day a week. The success of the project is attributed to interesting exhibits and demonstrations; workers feel that posters and literature alone are ineffective. Exhibits of industrial lunches, soybean products, and of good and poor breakfasts, and a vegetable cookery demonstration have already lured many industrial workers to the Red Cross Information Center, and have been a splendid means of recruiting members for nutrition classes. The Red Cross has also proved that residents of Contra Costa County Government Trailer Camps are receptive to nutrition information when an informal approach is used, with each lesson accompanied by demonstrations given in the trailers.

MICHIGAN SUGGESTS NUTRITION CLASSES FOR BRIDES AND NEW MOTHERS

Nutrition committees repeatedly ask, "How can we reach the people most in need of nutrition information?" One county chairman in Michigan went to the courthouse and obtained the names and addresses of all brides; then sent an invitation to each bride to come to a nutrition class. Dr. Marie Dye, chairman of the Michigan State Nutrition Committee, reminds us that new mothers are another group needing nutritional guidance, and that public records are available to nutrition committees wishing to write to new mothers as well as brides.

QUESTIONNAIRE REPLIES FAVOR LOCAL ITEMS IN NEWS LETTER

In summarizing the replies to the questionnaire sent to nutrition chairmen some time ago, one outstanding point of agreement centered around the desire for more State and local news. Items would be especially helpful, it was pointed out, if they reported committee activities that had proved unsuccessful as well as those that had brought good results. Specific suggestions for local adaptation of the national objectives of the nutrition program were requested. The idea that States take over the publication of the news section on a regional basis once a year did not meet with favor; replies indicate that States prefer to send in news items and suggestions when timely rather than at stated intervals. To the suggestion that a new section be added to the News Letter giving a statistical report of the activities of nutrition committees, the consensus was that mere statistics are meaningless; readers would rather know what was attempted and what results were obtained. On the whole, State chairmen consider the News Letter helpful, wish to have it continued, and want it to carry much the same type of material it has carried. To meet the demand for items about committee activities, both successes and failures, the Washington office now puts it up to State chairmen to keep the reports they want to share rolling in!

OHIO COUNTIES FEATURE "NEGLECTED MEALS"

Licking County Nutrition Committee, in cooperation with the Licking County Council of Garden Clubs, sponsored a series of five Community Nutrition meetings on

better breakfasts. They have adopted the slogan, "You can't breakfast like a bird and work like a horse." Community meetings were held at various schools with the local home economics teachers acting as hostesses. Posters and exhibits, prepared by high school home economics pupils under the direction of one of the teachers, gave visual aid to the discussions.

Mahoning County Nutrition Council held a "seeing is believing" "Packed Lunch" refresher meeting for 78 war food demonstrators. Five persons brought well-packed lunches to illustrate nutritious and appetizing choices; opened them and explained the why's and how's of each in turn. A teacher brought a lunch for a school child; an industrial nurse, a lunch for the industrial worker; an Italian woman, a lunch with appeal for her nationality group; a Slovakian woman, a lunch for her people; a Red Cross Canteen worker a lunch featuring interesting lunch-box dishes. Members of the Nutrition Council prepared lunch-box foods, cookies, and quick breads, featuring soya and wheat germ products, for display and sampling.

KANSAS TACKLES JOB FROM ALL ANGLES

Typical of the variety of media and devices nutrition committees are using to reach as many persons as possible is the coverage reported by the Kansas State Nutrition Committee. The committee has sponsored a series of radio broadcasts to local committee members, refresher courses, nutrition classes, a speakers' bureau, news columns on food problems, community canning centers, canning demonstrations, nutrition shelves in libraries, a special Nutrition Week, window displays in stores, nutrition films in local theaters, etc. The local committees attempted to contact all organized groups to suggest that one program in their year's work be devoted to foods and nutrition, and offered one lesson, "Variety in Victory Meals," to any club that requested it. The younger generation was not forgotten in this all-out effort—the school lunch program was stepped up; a Junior Victory Garden Program was inaugurated in Dodge City schools with student officers and faculty sponsors. The Fat Conservation Program was launched in Dodge City with a radio program, and Junior Girl Scouts were organized to collect the waste fats.

This telescoped summary of numerous activities is just a sample of the kind of reports that are coming in from one State after another. With experience like this on the record, it is not surprising that nutrition committees needed no "practice period" for their important role in the 1944 FFFF program.

MARK YOUR CALENDARS—APRIL THROUGH DECEMBER!

Keep the war food program rolling, tying nutrition education into the FFFF campaigns, month by month. Join the "Program-of-the-Month" club! It costs nothing but a little marking of the calendar, rearranging of the over-all nutrition program, and working out a few ideas for interrelating vital interests.

Make folks nutrition-conscious, as in April and May they "Join the Farm Crop Corps" to "Grow more vitamins in '44"; as in June, they "Starve the kitchen sink" and "Give the garbage man the wink"; as in July, they "Have the will, all cans to fill; with methods safe, all germs to kill."—So runs the Food Fights for Freedom calendar throughout the year, with all spotlights turned on NUTRITION in September:

<u>April and May:</u>	Victory Gardens; the Farm Crop Corps planting.
<u>June:</u>	Food Conservation.
<u>July:</u>	Food Preservation.
<u>August:</u>	Victory Gardens; Farm Crop Corps harvesting.
<u>September:</u>	Nutrition.
<u>October, November, and December:</u>	Home Front Pledge; no-point, low-point foods.

All hands promise to be on the Nutrition "Wheel of Health," steering the Basic 7 to the front in September. By the same token, all Nutrition Committee members will be active workers in the other "Program-of-the-Month" clubs!

NEW MATERIALS (Samples Not Enclosed)

"Guide for War Food Demonstrations"—a booklet prepared by the Ohio Nutrition Committee which may be of special interest to those who said in replying to the News Letter questionnaire that they were not interested in statistical accounts of demonstrations, but wanted to know how the demonstrations were conducted. The guide includes five brief units, each of which has statements as to aims, suggestions for choice of dishes which might be demonstrated and their use in meals, and activities which might be suggested to those present. Emphasis within each unit is placed upon the use of Basic Seven Foods. Single copies are available to workers in other States by writing to the Ohio State Council of Defense, 101 North High Street, Columbus, Ohio. If any committee cares to do so, it may reproduce the material by acknowledging the source.

"Growing Vegetables in Town and City"—a recent publication on the art of gardening prepared by horticulturists of the Agricultural Research Administration. It tells how to plant the garden, how to prepare and improve the soil, how to plant the vegetables, and how to care for the growing crops. Detailed instructions are given for the culture of a large number of specific vegetables. Miscellaneous Publication No. 538, available free from the United States Department of Agriculture, Washington 25, D. C.

"A Victory Gardener's Handbook on Insects and Diseases"—an illustrated 30-page pamphlet recently published to aid the gardener in identifying the more common insects and diseases that attack garden vegetables in the United States. Simple directions for the control of these pests are included. Miscellaneous Publication No. 525, available free from the United States Department of Agriculture, Washington 25, D. C.

"Vegetable Garden Guide"—26 pages of very well illustrated guides to gardening, simply told by the garden editors of Better Homes and Gardens. The booklet is cleverly written with chapters entitled, "Readying Your Soil," "Share Croppers You Won't Want," "Grow Your Own Greens," etc. It includes all phases of gardening, and features the nutrition aspects of gardening with suggestions on vegetables to grow for specific nutrients. An excellent reference for anyone working in a leadership capacity in a gardening program, as well as for the individual gardener. Copies are available from Better Homes and Gardens, Des Moines, Iowa, at 5 cents per single copy, or 4 cents each in quantities of 1,000 or more.

Sincerely yours,



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